4. (a) Prove that, for all positive integers $n$,

$$
\sum_{r=1}^{n} \frac{1}{(5 r-2)(5 r+3)} \equiv \frac{n}{a(b n+c)}
$$

where $a, b$ and $c$ are integers to be determined.
(b) Hence, showing your working, find the exact value of

$$
\sum_{r=10}^{50} \frac{1}{(5 r-2)(5 r+3)}
$$

